

# FINAL - SCORECARD

Japan Championship 2023 [FINAL]
SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

# **EVENT 3** COMPETITOR - Elite

EVENT 3	1 ~ 4 rounds	5 ~ 8 round

32 Double under						
16m Dumbbell 1arm						
overhead walking lunge						
16m Handstand walk						

7 min AMRAP

\* each Lunge / HSW in 4m segments. (2m=1rep)

Time cap 7min Score is Reps

#### **WORKOUT VARIATIONS**

Men 70lbs / Women 50lbs Dumbbell

**EVENT1** COMPETITOR - Elite

	ı ~ 4 roui	ius			5 ~ 8 rou	liu3		
32 Double under				32				224
16m DB OH walking lunge	33	34	35	36	225	226	227	228
Tom 22 on wanting range	37	38	39	40	229	230	231	232
16m Handstand walk	41	42	43	44	233	234	235	236
Tom Tunuotunu Want	45	46	47	48	237	238	239	240
32 Double under				80				272
16m DB OH walking lunge	81	82	83	84	273	274	275	276
Tom 25 on wanting range	85	86	87	88	277	278	279	280
16m Handstand walk	89	90	91	92	281	282	283	284
Tom Handstand Walk	93	94	95	96	285	286	287	288
32 Double under				128				320
16m DB OH walking lunge	129	130	131	132	321	322	323	324
Tom DD on wanting range	133	134	135	136	325	326	327	328
16m Handstand walk	137	138	139	140	329	330	331	332
Tom Tunuotunu Want	141	142	143	144	333	334	335	336
32 Double under				176				368
16m DB OH walking lunge	177	178	179	180	369	370	371	372
	181	182	183	184	373	374	375	376
16m Handstand walk	185	186	187	188	377	378	379	380
Tom Hanustanu waik	189	190	191	192	381	382	383	384

Total	Reps	

HEAT No LANE No		
JUDGE NAME	ATHLETE NAME	Total Reps
上記のスコアが正確であることを確認しました。	選手サイン	日付



# FINAL - SCORECARD

Japan Championship 2023 [FINAL] SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

### **EVENT 3** COMPETITOR - Rx'd

EVENT 3	1 ~ 4 rounds

### 5 ~ 8 rounds 7 min AMRAP

32 Double under						
16m Dumbbell 1arm						
overhead walking lunge						
16m Handstand walk						

\* each Lunge / HSW in 4m segments. (2m=1rep)

Time cap 7min Score is Reps

#### **WORKOUT VARIATIONS**

Men 50lbs / Women 35lbs Dumbbell

**EVENT3** COMPETITOR - Rx'd

	1 4 100	iius			3 010	ulius		
32 Double under				32				224
16m DB OH walking lunge	33	34	35	36	225	226	227	228
	37	38	39	40	229	230	231	232
16m Handstand walk	41	42	43	44	233	234	235	236
Tom Humastana want	45	46	47	48	237	238	239	240
32 Double under				80				272
16m DB OH walking lunge	81	82	83	84	273	274	275	276
TOTH DD OH WAIKING HUNGE	85	86	87	88	277	278	279	280
16m Handstand walk	89	90	91	92	281	282	283	284
IOM Handstand Walk	93	94	95	96	285	286	287	288
32 Double under				128				320
10 DD 011 III: 11	129	130	131	132	321	322	323	324
16m DB OH walking lunge	133	134	135	136	325	326	327	328
40 11 1 1 11	137	138	139	140	329	330	331	332
16m Handstand walk	141	142	143	144	333	334	335	336
32 Double under				176				368
16m DB OH walking lunge	177	178	179	180	369	370	371	372
	181	182	183	184	373	374	375	376
	185	186	187	188	377	378	379	380
16m Handstand walk								
	189	190	191	192	381	382	383	384

Total	Reps	

HEAT No LANE No		
JUDGE NAME	ATHLETE NAME	Total Reps
上記のスコアが正確であることを確認しました。	選手サイン	日付



**EVENT 3** 

7 min AMRAP 32 Double under 16m Dumbbell 1arm

8 Dumbbell burpee

\* each Lunge in 4m segments.(2m=1rep)

**WORKOUT VARIATIONS** 

Men 35lbs / Women 20lbs

Score is Reps

Dumbbell

# FINAL - SCORECARD

Japan Championship 2023 [FINAL] SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

## **EVENT 3** FITNESS

NT 3		1 ~ 4 rour	ıds			5 ~ 8 rour	ıds		
n AMRAP	32 Double under				32				224
ouble under		i	i	i	32	i	i		224
Dumbbell 1arm	16m DB OH walking lunge	33	34	35	36	225	226	227	228
overhead walking lunge	Tom DD on warking lange	07	00	00	40	000	000	001	000
mbbell burpee		37	38 :	39	40	229	230	231	232
	8 Dumbbell burpee				48				240
ch Lunge in 4m	32 Double under								
nents.(2m=1rep)					80			-	272
	10 00 01 11: 1	81	82	83	84	273	274	275	276
e is Reps	16m DB OH walking lunge								
·		85	86	87	88	277	278	279	280
WOUT WADIATIONS	8 Dumbbell burpee				96				288
RKOUT VARIATIONS	00 Davidadav								
35lbs / Women 20lbs	32 Double under				128				320
bbell		100	100	101	100	001	000	000	004
	16m DB OH walking lunge	129	130	131	132	321	322	323	324
		133	134	135	136	325	326	327	328
	8 Dumbbell burpee				144				000
					144				336
	32 Double under				176				368
				1					
	16m DB OH walking lunge	177	178	179	180	369	370	371	372
		181	182	183	184	373	374	375	376
	8 Dumbbell burpee			-					
	o Builibboil Builpoo				192				384

-		ITO	
F۱	/ I- N	11.4	FITNESS
LV			IIIIILOO

HEAT No LANE No		
JUDGE NAME	ATHLETE NAME	Total Reps
上記のスコアが正確であることを確認しました。	選手サイン	日付